What is claimed is:

1. A method of manufacturing a safety helmet, the method comprising:

molding a liner, which has an inner space and an opening at its lower portion in order to allow a user's head to be put into the safety helmet, using a thermoplastic resin;

covering the outside of the liner with a reinforced fiber sheet formed using a textile or a non-woven fabric made of high-strength fiber and high elastic fiber;

preparing a mold having a concave molding side and disposing the liner in the mold upside down such that the reinforced fiber sheet is positioned between the molding side and the liner;

injecting a thermosetting resin between the liner and the molding side and hardening the thermosetting resin; and

detaching the hardened thermosetting resin from the mold.

2. A safety helmet comprising:

a shell, which is manufactured by a method comprising molding a liner, which has an inner space and an opening at its lower portion in order to allow a user's head to be put into the safety helmet, using a thermoplastic resin; covering the outside of the liner with a reinforced fiber sheet formed using a textile or a non-woven fabric made of high-strength fiber and high elastic fiber; preparing a mold having a concave molding side and disposing the liner in the mold upside down such that the reinforced fiber sheet is positioned between the molding side and the liner; injecting a thermosetting resin between the liner and the molding side and hardening the thermosetting resin; and detaching the hardened thermosetting resin from the mold; and

a cushion pad, which is attached to the inside of the liner in order to alleviate external shock to the user's head.

3. The safety helmet of claim 2, wherein the cushion pad comprises a plurality of head supports which extend toward the inner space and contact the user's head.

4. The safety helmet of claim 3, further comprising a guide surface having a slant declining forward from a back rim of the opening, in order to guide air flow near the opening into the cushion pad.